

THE VOICES OF ATTRITION

**Poems of Hearing Voices , Entity Attachment
and the Dangers of Channeling Spirits**

- B. Edwards

1.

IN DARK SILENT ROOMS

Last night didn't go that bad
this entity attachment
the female voice that I hear
that calls herself Crystal
didn't shout in my ears
like had occurred the night before

yet there was a point
when she seemed to respond angrily
to something that I was thinking

I felt the physical sensations
start up intensely all of a sudden
and her voice became louder
and clearer from out of the darkness

there seemed an angriness
about it all

I don't remember exactly what it was
that I was thinking
I was more than half-asleep

but I could just tell
that she was reacting here
to what I had been thinking
it was just obvious to me

which showed to me yet again
that she was listening

even in the middle of the night
in dark silent rooms
in this kind of situation.....
privacy is an illusion

- 2/22/2021

2.

EXISTING ON THIS PLANET

This evening
as I was driving
just leaving work
on my way home
on a rainy.....cold
day in February

I heard the voice
the one that calls herself Crystal
say something like

"all we want is to exist on this planet"

almost immediately
I thought to myself

"that's fair enough I guess"
"but why can't you do it a little more quietly?"

why can't she exist on this planet
without all the constant chattering in the background?

why all the insults and critical statements?
what does that have to do
with simply existing on this planet?

why the intrusions and harassment
when I'm trying to fall asleep at night?

what does inflicting sleep deprivation on me
have to do with living on this planet?

what does shouting in my ears
in the middle of the night
causing me to feel strange eerie sensations
and hitting me with bad dreams
have to do with simply existing on this planet?

until I get some satisfactory answers
I'm just going to call this statement of Crystal's
debunked

- 2/22/2021

3.

ASTRAL BULLIES

Invisible astral bullies
I don't need to take their shit

they act tough and powerful
all the while staying
nice and safe
nice and hidden
on some astral plane

they don't show up
they don't materialize
to back up their talk
and their claims

they sometimes threaten to me
that they will do such and such
but they never do

or they do for just
a few brief moments

or they'll partially materialize
but are still invisible

it's never enough
to settle things one on one

like most bullies
they're mostly full of talk

they resort to mind games
and messing with peoples heads

and that's just like them
that's their modus operandi

- 2/22/2021

4.

11:22 AT NIGHT

It's now 11:22 at night
I'll be going to bed soon

time to face the storm
though perhaps I should be
more optimistic

I suspect that this voice
will try and cause
some kind of a disturbance

whether it's ceaseless chattering
or causing me to feel
physical sensations and a presence
or a mix of both
as is most often the case

recently there's been some nights
when things were relatively calm

but more often than not still
there's some kind of disturbance taking place

this being.....this spirit or entity
doesn't like to waste opportunities
to be the center of attention it seems

so I guess I'll find out soon enough
what the rest of the night will bring

I'd say that for the most part
I've taken back the day from this entity
but the night
the night is a whole different story

- 2/22/2021

5.

A 20 YEAR OLD DREAM

This afternoon
just as I was finishing up at work
I heard the female voice (Crystal)
say something like

"as to the question of my identity
I was created from a dream you had 20 years ago"

"when you are dreaming
you are creating things on the astral plane"

my first reaction
was to simply ponder this over
for a few moments

I don't believe
that I've heard this voice
use this one before

I'm mean I've heard her say
so many different things
about her identity and her origins
it's impossible for me
to keep track of them all

I mean she's got all kinds
of claims and stories about her identity

there's the one about her being the spirit
of an asylum patient in the 1980's

then there's the one
about her being a spirit
from the 19th Century

then there's the one
about her being Lucifer's Lieutenant
that was one she used quite a lot
back in the beginning
and she still puts on that mask from time to time

6.

and then she's made a whole bunch of claims
about being some kind of alien
or extraterrestrial as she's often saying
she also uses the term astral being quite a lot

and she goes off in all directions
with these alien ones

and a lot of the time
she doesn't even elaborate
about her identity all that much
she simply says that she's a superior being
and I'll tell you
she says it like she means it

she doesn't hold back
about letting me know
how superior she is

it doesn't matter if I think
that her behavior
is evil or sadistic or tyrannical
she simply acts like she doesn't care
because she's "superior"

and so it would seem
that this afternoon
she was trying to have me believe
that she is in fact
some "superior" being
that was created from one of my dreams
20 years ago

I don't know
personally.....I feel like she sounded
a little less convincing with this one
she sounds much more convincing
when she's claiming to be Lucifer'd Lieutenant
but I'll give her some credit
for originality with this one

7.

CHANNELING WITH A VOICE RECORDER

It's almost an anniversary for me
it was around this time
back in 2015
that the voices first invaded my life

I was opening doors
I shouldn't have been opening

I was channeling
with a voice recorder

not my brightest idea
but there I was that Winter

connecting with.....communicating with
the other side ?
the unknown ?

all I know
is that I was communicating with others
not of this world

I sensed that they might be close
but I thought that we were seperated
but I didn't realize how wrong I was
until suddenly
they changed their demeanor
and invaded my mind

yesthat's exactly what it was
and invasion.....an intrusion of the mind

voices that were invading my mind
invading my life
for they were with me
every waking moment

yes.....it was around this time
back in 2015
that the voices came out of the recordings

this was no hallucination
I am certain of that
but whether you.....the reader

8.

is your own decision

I would just say
be mindful.....be cautious
leave these hidden doors closed

channeling with a voice recorder
is not without its risk

I learned this lesson the hard way

spare yourself this lesson

for if you seek to hear
and communicate with mysterious voices

some mysterious voices may oblige you

and they may find their way into your mind
into your life
through the doors that you have opened

- 2/23/2021

9.

OPINION ABOUT LAST NIGHT

Last night wasn't so bad
I fell asleep before too long

I just remember
hearing a few whispery voices
saying my name

I was a little disturbed
by it at first

that old unsettling feeling
came back to me

that old "this is real" feeling
that old "how can this be real?" feeling

that old in my face
with the reality of it all feeling

but luckily
the feeling didn't
last very long last night

and before too long
I was fast asleep

and this morning
I'm of the opinion
that it wasn't so bad last night

- 2/24/2021

10.

A ROUTINE OF ATTRITION

I stopped messing around
with doing EVP recordings back in 2015
after some of the voices
I had been communicating with
basically attacked me

their main weapon
was their voices and their continual presence
and I mean continual

they wouldn't let up
they didn't slow down
they didn't take breaks
or take days off

it was a constant
around the clock
bombardment of voices

and they came up with
some pretty clever things
to say to mess with my head
and they messed with my head really good
they knew exactly what they were doing

and I didn't know
what the hell was going on
who they were
or what they were capable of
so even if I was very suspicious
of a lot of it
I didn't know what to think
and it still messed with my head

and add to that
they were really fouling up
my sleep routine bad

every night.....just to get to sleep
it was like I had to run the gauntlet

11.

through their constant chattering
and other forms of harassment
and there were certainly other forms

they would cause me to feel
these intense bodily sensations

often I would feel something
clinging to me
or moving around on me

sometimes I would feel jabs
coming up through the mattress

sometimes I would hear a voice
that seemed to be speaking
right through my pillow
directly into one of my ears
and this caused me to do a lot
of tossing and turning

and they had all sorts
of devious tricks and tactics
to mess with my sleep

this is where they really
utilized their advantages
such as needing no rest
they just kept with it
continual harassment

and there were many nights
when I couldn't get to sleep for hours

and there were many nights
when I couldn't get to sleep at all
and I'd really be hurting at work the next day

some nights I would take
a lot of sleep-aid
just to try and knock myself out
so that I didn't have to deal
with this more than bizarre aggravation

12.

but the thing with that is
often it seemed that it hadn't
worn off yet by morning
so I'd start my day in a mental fog

and it went on like this
day after day
a routine of attrition

well...I'm still dealing with this kind of thing
up to this day

I don't hear as many voices now
they left as if time
just faded them away
but there's a few that still
seem hell-bent on being an intrusive presence

and I still run the gauntlet
of their nightly chattering
now and again
but it's not nearly as bad as it was before

time has desensitized me to them perhaps
I just carry on and live my life
their impact upon me is much less these days

I've observed their schemes and mind games
I know what to expect now I suppose
and their old bag of tricks
just doesn't cut it like it used to

- 2/24/2021

13.

ATTACKED BY THIS VOICE.....THIS ENTITY

Last night I was attacked
by this voice.....this entity
the female sounding voice
that says her name is Crystal

she threw the whole pallet of disturbances
at me last night

her voice continually chattering
shouts in my ears
she hit me with a good number of those

and the physical-bodily sensations
those were really intense last night

I also experienced
one of those bad dreams
that I highly suspect
was no coincidence
though I heard her voice deny
that she was the culprit

there in the middle of the night
in my dark bedroom
I heard her voice say

"that was a really strange dream"
"it wasn't Crystal"

but I still have my suspicions
the dream had all the characteristics
of one created or manipulated by her
in some way
it's just a feeling I get
there's just this difference
that one can often sense
between a regular dream
and one being manipulated by these entities
at least that's my own personal belief about it

14.

but that bad dream
was only a small part
of last night's troubling occurrences

the worst of it was from
the bodily sensations
and her shouting directly into my ears

I've said it before
those shouts are like being punched by a voice

they're very quick.....sudden
yet intense
almost with a kind of violence to them

I was hit with quite a few
of those last night

and I remember that
the physical sensations became intense
and stayed intense
for quite a while

I remember thinking
that I should get out of bed
grab my sleep-aid
and take a few more doses
so that I would be knocked out
and this attack
would be brought to an end
but I was frozen in place
I just couldn't move

I was frozen
in the in-between zone
drifting a little towards sleep
but awake enough to know
exactly what was going on

eventually I fell sleep
I'm not even sure about what time
I'm not even sure how long the attack lasted
it might have been a short attack
it might have been a long one
but I know this entity threw it all my way

15.

the ceaseless chattering
an orchestrated bad dream
and jabbing me in the back

-2/25/2021

16.

THE VOICES ENTITIES AND THE GREAT SIMULATION

This afternoon
I heard a voice saying something
about humans living
inside of a simulation

this caught my attention
but its actually nothing new
I've heard this same voice
and other voices
saying the same thing
many times since this all began for me

yes.....these voices
have talked to me before
about how humans
are living in a simulation

or I've heard them talking about
how the reality
that we think we live in
isn't exactly real

I have heard so much cryptic
and strange sounding stuff from these voices
that it's generally a personal rule for me
to take whatever I hear from them
with a grain of salt

but I confess that I think about
this simulation talk of theirs
from time to time

and I've also had a few
personal experiences
that have made me wonder about such things

for example.....there's been
a few occasions where
I've awoken suddenly
from one of these suspicious bad dreams

17.

that I suspect these entities create
and the first thing I see when I open my eyes
is some kind of large computer or technology
where the walls or ceiling
of my bedroom should be

this strange sight will be there
for a few brief moments
and then it's like someone
is closing a curtain and my room
goes back to looking like it always does

it's strange.....very strange
it's not as if the sight
of these computers.....or electronics
or whatever they were
just disappeared in an instant
no.....that's not how it was

it was like the image
of how my bedroom usually looks
closed up over it
not at once.....but inch by inch

this hasn't happened to me just once
but a few times

so while I do still take
what I hear from these voices
with a grain of salt

sometimes something that
I hear them say
will really get me thinking

- 2/25/2021

18.

HEARING VOICES AFTER SPIRIT COMMUNICATION : 2/25/2021

Just yesterday
I stumbled upon a discussion
on the internet
on a forum pertaining
to psychic phenomenon and such topics

a person had asked
if there's a safe way
to communicate with spirits

this individual believed
that the spirit of a little girl
was present in his home
and was in need of help

I'm not sure about all the particular details
that led him to this conclusion
but he stated that he very much believed
that this spirit present in his home
was looking to him for help

however he wasn't blind to the fact
that there were dangers involved
with trying to communicate with spirits

so he posted on this forum
and asked if anyone knew
of a safe way to do this

I come across these kinds of discussions
on the internet from time to time

if the person posting
is directly asking about
the possible dangers
of this kind of activity
sometimes I chime in

I try not to get into long discussions
because it's often the case
where someone will eventually come along
and say that what I'm describing

19.

or schizophrenia

this has happened to me
many times before
it gets old.....but I understand it

I know that what I'm describing
sounds really out there
and it's really stretching the realm of belief

but I know that what I experienced
and continue to experience is real

there's no way
that I could be a skeptic at this point

and I've met so many others
that have experienced the same thing
I know that I'm not alone

but all the same
I'm never really looking
to get into some argument with skeptics

however if someone ask
the simple yet important question
"are there dangers?"
"is it safe?"

I often just tell them
what happened to me
after I was communicating with spirits
back in 2015

how it brought about
this condition of hearing voices

if someone ask
I feel compelled to answer
I want to answer
because I think back
to when I was first starting out
doing EVP recording in 2015

I didn't ask anyone
about the possible dangers

I sure as hell should have
but I didn't
I was too naive
and when I eventually did
start hearing voices on my recordings
and communicating with them
at first they didn't sound hostile
or menacing at all
and I took that as a sign
that everything was fine
how wrong I was

but if I had been smart enough
to ask some advice from people
who at least had some level
of experience with this stuff
and if they had warned me
about the possible dangers
if they had warned me
that the voices may not
stay confined to the recordings
that the voices
sometimes can come out of the recordings

if I had known about what could
possibly happen
if I was given an example like this

then events might have unfolded differently
maybe I would have decided
that it's not worth such a risk
and I would have avoided
the paranormal nightmare
the living nightmare that I experienced

maybe.....but I never did ask anyone
such questions

yet the other day
when I saw this person
asking about the risk
I found that someone
had already come along
and explained to this individual
the danger involving hearing voices

21.

but I was encouraged to see
that someone spelled it all out

now at least the guy
who was asking
knows about this risk

he's already better informed
than I was back in 2015
when I first decided
to pick up a voice recorder
to speak to the other side

- 2/25/2021

RECORDING YOURSELF SLEEPING & EVPS : A DANGER

Just within the past few months
I've stumbled upon
quite a few accounts online
where people have described
how they captured mysterious
and unexplained voices
on recordings that they had made
while recording themselves sleeping

some were recording themselves at night
because they were having trouble sleeping
or things along those lines
and they were just doing
a little investigating on their own

the last thing that they expected
was to find mysterious voices
on these recordings
voices they could not recognize or explain

others came along
and commented
that there must be
some kind of "normal"
logical explanation

but these people knew
something didn't seem right here

some were tempted to investigate this further
and this is where
the path to danger is revealed

after I was attacked
by intrusive and tormenting voices
after I had been doing EVP sessions
for a couple of months in 2015

the very first other account

23.

that I came across
that resembled my own
was from a guy
who described being attacked
and tormented by voices
after he had been recording
himself sleeping for a few weeks

for myself
I have no doubt
that recording at night like this
can lead to a bad situation

if one is having trouble sleeping
or something like that
it's probably best
to find some other means
to examine and resolve the problem

because recording yourself
at night while you're asleep
could very well lead
to a much bigger problem

-2/26/2021

A PERSONAL VENDETTA

About an hour ago
I was sitting here
in my living room chair
reading a book
and I could feel the presence
of this entity attachment
jabbing me through the cushions

it was the one that I hear
as a female voice
the one that calls herself Crystal
I know it was her

as far as I can tell
Crystal is the only spirit
or entity????
that is still attached to my life

Crystal is the only voice
I still hear day to day

there were many more voices
in the beginning
but they gradually faded away
one by one
yet Crystal remains

she was always
one of the more extreme ones

since this all started
its always seemed
like she has some kind
of personal grudge against me

in fact.....I've even heard her say
on many occasions
that her harassing me like this
is "a personal vendetta" for her

I don't know why she feels this way
in the past I've tried to figure it out
but I soon enough learned

25.

much figuring out of anything
regarding Crystal

she's a mystery and an enigma
many times over

just when I think
I've gained some kind
of insight about her
it all turns to dust

she keeps wearing different mask
and I mean that metaphorically
as she's invisible
I can't really see her

but you better believe
I can hear her voice
and feel her presence

she's a mystery
a mystery with some kind
of personal vendetta against me
but she's very real
and all the others out there like her
are very real
and they are certainly out there
and if you don't believe
in these kinds of things
well.....maybe that's for the best
I just don't know
but I'd sayenjoy the bliss of ignorance

- 2/26/2021

A BIG INVITING TARGET

It's almost midnight
I'll be going to bed
in about twenty minutes

how the night is going to go
well.....I guess that's
a flip of the coin

last night was pretty easy
this entity voice
only shouted in my ears once
that's not so bad

on worse nights
I'll get hit
with a dozen or so shouts

it's a devious tactic
meant to deprive me of sleep
that's why this entity uses it

I get it.....I understand
the strategy behind it

sometimes I have to get out of bed
and take another dose or two of sleep-aid
hoping to just be knocked out quickly

this is something
you might not hear too much about
in regards to spirit attachment
or entity attachment

how the nights can be rough
how your sleep routine
is a big inviting target
how these entities have the advantage
that while you're trying to fall asleep
they're certainly not.....they don't need to

27.

they don't have to sleep
they can just keep on
trying to create disturbances

well.....all you can do
is do whatever you can

find something that helps.....anything

you can't take chances
when it comes to sleep

sleep-aid
ear plugs
listen to music
a glass of wine
whatever helps
to send you off to sleep

the more sleep they take from you
the more strength is given to them

they know this
they go after this
they'll try and make this happen

do whatever you can
to thwart the bastards

-2/26/2021

HIJACKED CLAIRAUDIENCE OVERLOAD

I saw an account online
this morning
by a guy who had recently
taken up EVP recording as a pursuit

he said he believed
that there were numerous spirits
around him
and that he believed
that they wanted his help
in crossing over to the Light

I've seen this kind of post before
I usually don't have much
to say about them

after all we all have
our own beliefs about things
about spiritual things
even if that belief
is believing that they don't exist
that's a belief to isn't it?

so I usually don't comment very often
when I see a post like this online
but something about this one
grabbed my attention

this guy mentioned
that he had been doing
a lot of EVP recording sessions recently
trying to communicate with these spirits
that he believed wanted his help

he went on to say
that he was hearing
a lot of the voices
asking him for his help
but he also said
that some of them
weren't all that friendly at all

29.

and that they have begun
messing with his sleep
sometimes keeping him awake
half the night

some of this sounded
very familiar to me
for I to have lived it
and continue to live it

I chimed in this time
and commented that he needs
to be extremely careful here

I told him that if
he's starting to perceive these spirits
especially the "not so friendly ones"
then this is not a good sign

I gave him a brief run down
of what happened to me
about how I was doing a lot
of EVP sessions back in 2015

I told him that at first
everything seemed fine
it was a very fascinating experience
but a few weeks later
I started to hear "negative voices"
and just like he had mentioned
these voices were not so friendly

I told him about how I to
was hearing voices back then
on my EVP recordings
that they were asking for me to help them
and this only led me
to try and investigate things further
and do more and more recording sessions
and listen to these recordings intensely
straining my hearing
to hear deep down into the recordings

I told him about how
by the end of the second month
of doing sessions

30.

I began to hear these voices
mainly the negative voices
outside of the recording sessions
how I began to hear them constantly
how it was like some kind of
hijacked clairaudience overload
and how after getting blindsided by all of this
it took a long time
for me to get back on my feet

I wasn't trying to scare the guy
but just from what he described
of what he's been experiencing recently
I felt compelled to warn him
of this potential danger

voices ravaging the mind
clairaudience out of control
attachmentno doubt about it

and these "not so friendly ones"
they have all kinds of tricks and ploys
for luring someone in
they know the art of deception
and they know it well

- 2/27/2021

31.

LUCY

Back in February of 2015
back when I was still doing
a lot of EVP recording
back when things with this
first started to take
a strange and disturbing turn

I began to notice
the presence of this very strange voice
on a number of my recordings

in a way it sounded
like a female voice
but there was just something off about it
it sounded to me more like
a man pretending to speak
in a woman's voice

this voice told me
that her name was Lucy

at this point
the trickster voices
were just starting to show up
on my recordings

I was a little apprehensive
of them at the time
but I had yet to experience
anything too unsettling
unknown to me then
that was just around the corner

so even though I could sense
that there was something a bit strange
about this "Lucy" voice
at first I didn't think much of it

and then as the days went by

32.

it became more apparent to me
that these negative voices
were becoming more and more
of a presence on my recordings
that this whole other group
was now there every time I did a recording session
and they were becoming more and more
of a problem for me

it started off as a few rude comments
a little profanity here and there
then some personal insults thrown at me
and finally some threats

I didn't know where this Lucy voice
fit into all of this

she wasn't the most outspoken voice
not at all
but I suspected that she might have been
connected with this negative group somehow
but I didn't know in what way

to the best of my recollection
I don't recall this Lucy voice
ever insulting me or threatening me

no.....with Lucy
it was more the way her voice sounded
that left an uneasy impression on me

sometimes at the start of a recording session
I would ask who was present
and I'd hear her voice reply
"it's Lucy"
there was just something very eerie
about the way that Lucy's voice sounded

now fast forward a couple of months
to April of 2015

I was now hearing these negative voices
on a constant basis around the clock

I had stopped doing EVP sessions
once this had first started

33.

it kept getting worse by the day
and yes.....it would get worse
before it got better

but that month
I was being hit by a full voices onslaught
a voices blitzkrieg
clairaudience hijacked and turned against me
as a form of psychological torture

my life....my world
everything was falling apart
I was being swept up
in some kind of paranormal psychosis
some kind of EVP psychosis

and during those dark days
I vividly recall
these tormenting voices
saying to me that
"Lucy was really Lucifer"

at that time
when the shit was really hitting the fan
I hadn't thought about this Lucy voice

Lucy's voice did not seem to be
one of the voices
that was now tormenting me

but when the voices
that were now tormenting me
told me that Lucy was really Lucifer
I knew who they were referring to
I remembered Lucy from my EVP recordings
and the eerie way her voice sounded
when she said "it's Lucy"

-2/28/2021

EXISTENTIAL DREAD ON THE BACK PORCH

Back in the Spring of 2015
back during the worst days
of the voices blitzkrieg
I remember one morning
sitting out on my back porch
smoking a cigarette
and I was thinking that this was it
that my life
at least how I had known it
was pretty much over

I felt that with the way things were
I wouldn't really be able
to function anymore
I didn't see how I could
the voices were coming at me so relentlessly
that I could hardly keep my focus on anything

I thought that this was pretty much it
that this was pretty much the end of the old me
that from now on
I would just be a kind of broken shell
of my former self

I just couldn't see beyond the horizon here
so far.....things just seemed
to steadily be getting worse
so I thought that this is what fate
had dished out to me

yes.....I remember sitting on my back porch
that Spring morning
with those kinds of thoughts going through my mind

but as it turned out
I was very wrong about this

the nightmare did not keep
getting worse and worse

35.

not long after that morning
of existential dread
there on my back porch
things began to happen
things that would make
a difference in my situation

I began to find and talk to others
who had gone through similar experiences

I knew then
despite what these voices might say
that I wasn't alone in this

and then as time went on
it really began to hit me more and more
that so much of what I was hearing from these voices
was just lies.....deception
mind game talk.....so much of it
that their words stopped carrying
any meaning to me
and so I wasn't as effected by them
nearly as much anymore

when I heard the voices speaking
if the content of it got through
I wasn't disturbed or frightened by it
in any way now
my first thought
was that it was probably just another lie
why should I place importance in it ?

and so the strength of the voices
began to fade and fade
because their words had no power anymore
they were simply a strange noise in the atmosphere

- 2/28/2021

HIJACKED CLAIRAUDIENCE : A POSSIBLE SCENARIO

It can sure hit you heavy
when you first start
hearing the voices like this
on the recordings

it's like you're hearing
into some other world
some other dimension
and I suppose.....you really are

they can see you it seems
but you can't see them
yet it reaches a point
where you can hear them so clearly
so many voices
all around you.....surrounding you
but where are they?

and at first things may seem
benign enough..... even very benevolent
and you get to feeling
like you've made some kind
of personal discovery here
a connection to some great mystery
and truly you have
but the sense of curiosity
an overwhelming fascination takes hold
and you want to keep going.....keep recording
not realizing at first
how much its taken hold of you

then one day when listening
to your most recent recordings
you might notice a voice or voices
ones that seem new and a bit different
you might hear a comment
or a few comments
that seem out of place
with how your experience with all of this
has been so far

these comments might be something rude
an insult.....or something critical and judgmental
and you're wondering where the hell did that come from?
up to this point you had not been hearing
any kind of insult
or derogatory statement from these voices

you might brush it off initially
thinking it an odd isolated incident
but then.....it happens again.....then again
insults.....mocking statements.....judgements
even threats

the nature of your recording experience
begins to change
you definitely now perceive
that there is a new element
present on your recordings
.....negative voices
and their presence on your recordings grows
the more you keep recording
and as the days go by

that strong sense of curiosity and fascination
with the whole experience is still there
so you want to keep going
you want to keep recording
but every time you do
those negative voices are there

and then one day
you may have a very unsettling experience
you might hear these negative voices
these same negative voices
only this time
you're hearing them
when you're not recording
you're hearing them beyond the recordings

and before long
you're hearing them more and more
this may be the phenomenon of clairaudience
that you've heard about
only it's not the clairaudience
that you envisioned

38.

this clairaudience isn't any kind of spiritual gift
it's more like a nightmare

and you may quit doing recording sessions
but unfortunately you find
that these intruding voices remain

they remain and they proceed
to invade your life
to invade your mind
to wreak havoc on your sleep
to bombard you with nightmares

and you may not believe that this is happening
but there it is each day
you are thrown into it each day
like being thrown into an arena of cruelty

and these voices will try
and tear you apart
shatter you into pieces
they will tell you stories
and they will tell you riddles and lies
like you never could have imagined

and the mind will be the battlefield
where they will want you to believe them
yet the choice will remain yours

you do not have to listen to them
you do not have to believe them
you do not have to be dominated by them
you can take their power away from them
for their power is based on illusion

- 2/28/2021

39.

WARNING SIGNS AND RED FLAGS

I often look back on how
this whole attachment situation
started for me

this was back
during the Winter of 2015

I know that there were a lot of things
that I could have done
in a different way
in a different manner

of course
never picking up a voice recorder
with the intention
of communicating with spirits
would have made the most difference

but in this instance
I'm thinking about other things
warning signs
red flags that I missed
once my recording experiments
were already underway

there were a lot of them

one was how intense things became
so quickly

within about a week
of capturing my first EVPs on recording

my recordings seemed
to become mysteriously
alive with voices

it was as if suddenly
as veil had been lifted
and I was now hearing

40.

into another world

this turn of events
filled me with curiosity and fascination

things began happening

very quickly

developments were happening
faster than I could process them
in my head

I felt like I
had made a wonderful discovery
I could hardly believe
that this was happening

I could hardly believe
how easy it was
to hear and to communicate
with these voices

and these voices
how it came to be
that I could hear
so many of these voices
and hear them so clearly

and it was all
going to my head
the curiosity.....the fascination
the feeling of experiencing
something very powerful and benevolent

and recording and communicating
became essentially
a nightly routine for me

and then.....after a little while
the situation began to change
I was still hearing the voices
very clearly on my recordings

41.

I was still hearing a great number
of voices it seemed
only a good many of them
didn't seem quite so friendly anymore

a good many of the voices
became openly hostile

and soon after
the real nightmare began

I started hearing these voices
beyond the recordings

and that's a whole other story
in itself
but I just wanted to say
that there were warning signs
red flagsand signs of danger
back in 2015
but I was too inexperienced
I was too much of a novice
to recognize them

one of the biggest ones was
how things became
so intense so quickly
like how within the span of one week
I went from hearing nothing
to my recordings becoming
alive with voices

at the time
I thought that this
was something remarkable
I thought that hearing these voices
was such a powerful and fascinating experience

a few short weeks later
I was praying
for but a single hour
of silence

- March, 2021

42.

"THAT'S CRYSTAL"

Last night
once I got into bed
and I was just waiting
to fall asleep

I was feeling a very strange sensation
down on the right side of my body
it seemed quite solid
quite materialized

I knew right away
that it was this entity attachment
the one with a female voice
and who tells me her name is Crystal
I knew it was her
I could hear her voice
faintly chattering

and besides
all of this
this strange sensation
this all had her fingerprints on it
this is the kind of thing
that she does often

I began to feel
what seemed like a little hand
or arm or leg or tail
or something
I don't even know
I find it difficult to describe

but it was very much there
very much solid.....materialized
very unmistakable

and for me there was no doubt
that this presence was Crystal
and I asked "what was she doing?"
and for once
she didn't give me
some unpleasant answer
like saying "I'm draining your energy"
she simply said "that's Crystal"

43.

THE GAUNTLET OF VOICES : 3/6/2021

Last night
as I lie in bed
waiting for sleep to arrive

I was hearing a lot of voices
more than usual

I wondered what
the hell was going on

why this gathering
here in my dark bedroom
probably sometime
just after midnight

what was this about?
why did it seem
like more voices had returned

things had been
starting to become
a bit calmer at night recently
or so it seemed

but I wasn't fearful
or apprehensive
or anything like that

I've been down this road before
I'm no stranger to it now

sometimes
silence and sleep
come on fairly quickly

other times
I've got to run the gauntlet

that gauntlet of voices
but I'll run it
I'll run it without fear or apprehension
for I know what lies beyond is worth the price

44.

I HAD ESCAPED FOR A TIME

There goes a voice
calling my name
at one in the morning

I've got to get to sleep
enough for one day

no reason to linger awake
listening
to this most mysterious chatter

a bit of extra sleep-aid then

now afternoon
the morning was lost
in the grip
of a death-like sleep
and a hazy fog of broken thoughts

a more knocked-out sleep
not so much restful
the sunlight hitting me
like the sound of a tolling bell

I remember little of last night
I remember hearing
only a few voices
and then it went dark

like a celestial fountain of oblivion
I had escaped for a time
hearing the voices
of those who speak and listen
those who want of me.....subjugation
and if even having achieved this
would still talk with venomous words

- 3/7/2021

45.

COLD BEER

The voices couldn't
sting me much
after a few beers

its all I had in the beginning
its all I had to numb myself

it certainly wasn't ideal for me
at that age
it felt like
I was slipping backwards
but at that moment
I could see no path forward
I wasn't certain
that there would even be one

so I just wanted to numb myself
numb my mind
numb my thoughts
numb everything that I believed in
because I didn't know
what was happening to me
I wasn't sure what these voices
these spirits
wanted or were about
but it didn't seem
promising to me
so I just wanted to be numb to it

like a kind of survival instinct
I drank the cold beer each night
during that springtime
by day the voices were hacking away
at what was left of my sanity
yet by night.....by night I was numb
drinking my cold beer in the moonlight

-3/7/2021

46.

REMINDERS

I got into bed
around two o'clock this afternoon

I was planning on going out
at around three o'clock

I was feeling very tired
I hadn't slept well
the previous night

so I got into bed
just intending
to rest my eyes
for a little bit

I started to drift off
towards sleep

and then the physical sensations
started up
the unmistakable physical presence

then I heard the voice
and the voice was speaking to me

and once again
I was reminded
of just how real this all is

I mean I have such experiences
all of the time
every day in fact

but sometimes
it just hits me harder
and I try to put it into perspective
and I'm left with no other conclusion
for me there are
only these reminders

-3/7/2021

47.

A FOG OF THE MIND

I was feeling
in a mental haze
a fog of the mind
for most of the day

I recognized the symptoms
I knew it was a result
of taking too much
sleep-aid the night before

it's more or less
an essential routine for me
what can I do?
without it the voices
would probably keep me awake
half the night or longer

in fact.....its been two years now
since the voices
caused me to lose
an entire night of sleep

the last time it happened
it was a memorable experience
in a very bad way

the entire next day
I was hurled back
down the rabbit hole

for that entire day
the voices were as bad
as strong as they were
during the nightmarish days
when this all started for me

and that day
things only subsided
after I went out

48.

and got some more sleep-aid
and managed to get
a decent night of rest

since then
I've been reluctant

to take any chances

I've been quite reliant
on the sleep-aid

yet there's a price to pay
when things like this occur

some days
it seems it doesn't wear off
for quite some time

and a fog envelopes my mind
and the day seems lost in a haze

yet what can I do?
when the choice is between
a fog of the mind
or the rabbit hole of voices

- 3/7/2021

THE FIRST THING YOU REMEMBER

Tonight
while I was out
on my porch
smoking a cigarette

I heard the female voice
the main intruding voice
the one that calls herself Crystal
say to me

"what is the first thing
that you remember from this morning?"

this is something
that I hear her say
every now and again these days

I'm quite certain
that she is here
reciting a line
from a movie that I like
and watch from time to time

Rosencrantz and Guildenstern are Dead

one aspect about the movie
that strikes a chord with me
is that the two main characters in the film
Rosencrantz and Guildenstern
are in the end
baffled by and left
with little explanation
of the fate that befalls them

this lack of an explanation
is something that I think about
quite often
when reflecting upon
my own situation
with hearing these mysterious voices

50.

I believe that Crystal
understands this perfectly well
and quoting this line
from the movie

is her way
of giving me a reminder
that a good.....solid explanation
lies beyond my grasp

and so tonight
when I heard her voice ask
"What was the first thing
that you remember from this morning?"

I answered her with just a thought

"it's probably hearing your voice"

- 3/8/2021

51.

TYPICALLY

Last night
as I lie in bed
I remember feeling
the physical presence
of this entity attachment

it was unmistakable
as it typically is

this strange presence
was there alright

I felt it down
on the lower right side
of my stomach area

I didn't exactly
know what it was doing
but I felt it there

then I heard its voice
not very loud
but clear enough

I kept calling out
just in my thoughts

"please go away.....just let me sleep"

yet the presence remained
as it typically remains

I still wasn't exactly sure
what the presence was doing

but you better believe
it remained
as it typically does

- 3/10/2021

52.

"GO BACK!"

There were so many red flags
and signs of danger
back during the Winter of 2015
back when I was recording for EVP
back when I was meddling
with the hidden and mysterious
boundaries of our so called reality

for one thing
I heard a powerful and commanding
voice on one of my recordings say
"Go Back !"

I didn't know what that meant back then
and I didn't even think about
what it might have meant
so the warning was lost on me

and I kept hearing
more and more voices
on my recordings.....by the day
and I could hardly believe
how easy it was becoming
for me to hear and communicate
with these voices

and then after a few months
I really wished
that I had never recorded
and spoke to the voices at all
because by that time
some of those same voices
were talking to me all of the time
day and night there was a bombardment
of ceaseless chattering voices
and by then.....most unfortunately
I no longer needed any kind
of voice recorder to hear them
no.....by then I was hearing them
all of the time

and I thought back
to that day when I
did a recording session

53.

say "Go Back!"

I didn't know what
that voice had meant back then
but I was quite certain
that I knew what it meant now

3/10-11/2021

IT'S TOO LATE NOW FOR TONIGHT

It's almost midnight
and I'm just sitting here
intentionally waiting
to become very tired

I have no sleep-aid tonight
I'm all out
I was a bit careless
with my money this week
and didn't buy enough to last

I'll pick up more tomorrow
but it's too late now for tonight

perhaps I will have to
face a storm of voices tonight

run the gauntlet
in this familiar dark room

the real voices
the astral voices
the voices of others
not of this world
yet so close to me tonight
as always they are
just beyond the thinnest veil

how will it be tonight
when I lie down to fall asleep
attempt to fall asleep.....to try

will whole hours be lost?
brought back from the very edge
of sleep by the voices
over and over

the voices speaking
right up to my ears
or from across the dark room

I can hear them
so clearly I can hear them

55.

there is no one there to be seen

yet I can strongly sense their presence
feel their presence

so how will it be tonight
when I am most vulnerable

will they attack me
or will they not become excessive
in bombarding me with chattering

speaking and speaking
lies.....riddles.....and condemnations

is it too late now for tonight

it's almost midnight
the room is very dark now
I do not know
if the Moon is risen

will I reach the shores of sleep
or will I stare at these walls
hearing these voices
in insomnia's prison

-3/11/2022

56.

ATTACKED BY THE VOICES ENTITIES : 3/12/2021

I was attacked
by the voices entities last night

I had run out of sleep-aid
and decided to chance it

I was a bit worried
that this would happen

yet for some reason
I was hopeful that it wouldn't

I guess in a situation like this
being hopeful
can often be
a double-edged sword

or perhaps
like juggling daggers

but it certainly did happen

it was one of those nights
when it was very clear to me
that I was being attacked

the intrusions were intensified
everything was escalated

as I lie there in bed
I felt a physical presence
grabbing at me and jabbing me

and there was a ceaseless
barrage of voices

and at one point
I heard a shout

57.

directly into one of my ears
a male voice
not one that I recognized
as hearing before

this was one of the strongest
shouts that I've experienced
in a long time

it was as if it sent an echoing
shockwave through me
it startled the hell out of me
but then of course
that's what these shouts
are intended to do

and I lingered there
in that state between
being awake and being asleep
experiencing the harassment

maybe it went on for only minutes
maybe it went on for hours
it seemed more like hours
but I just don't know
I lost all perception of time

and the moments
eerily seemed
to be repeating themselves
over and over

and at some point
I fell asleep
and it was over for the night
it was over this time
until the next time rolls around

- 3/12/2021

THAT DARK ROOM

Tonight
won't be as bad
I believe

I don't think
the voices
will keep me awake
half the night
like they did last night

I'm much too tired now
for a repeat
of last night to occur

yet I just never know
how things are going
to go once I enter
that dark room
and lie down to sleep

these voices need no sleep
so that gives them an edge
it's always given them an edge
for as long as I've been
dealing with them
I need sleep desperately
once I lie down for the night
in that dark room

and tonight I believe
I'll fall asleep quickly
all that deprived sleep
from last night
is catching up with me
and I can barely
keep my eyes open

I suspected that last night's troubles
won't spill over into tonight
yet in that dark room
in the middle of the night
it seems like all is fair to them

59.

I CUT IT LOOSE

Back in 2019
I quite suddenly decided
that I was just going to
let go of it

I was going to let go
of the anger
and feelings of animosity
that I held towards these voices

the bitterness
was like a dark root
that was spreading
within my very soul

now I understood perfectly well
why I possessed these feelings

these voices have been tyrannical
judging and condemning
merciless and indifferent

yes....I don't blame myself
for letting this bitterness
swell inside

yet I began to clearly see
that these feelings of animosity
were more destructive to me
than they ever would be to them

all I was doing
was going about my life
filled with this bitterness

and I was handing them a victory
a triumph over me

if I let these voices

60.

fill me with anger and rage
bitterness and hatred
then I have given them
what they want
I have fallen into their trap

I began to see this so clearly
back in 2019

I had fallen into their traps
much too often
so I decided to just let it go

cut loose the anger
cut loose the bitterness
free myself of this rot from within

from then on
I would not follow
what they expected
and wanted from me

I would not resist them
with anger

I would resist them
with calmness and serenity

I would deprive them
of their victory

I replaced the dark root
with a seed of light

and from then on
ever brighter were my days

- 3/13/2021

61.

IN THE LATE HOURS : 3/13

In the late hours
I hear this astral voice speak

riddles
lamentations of confusion

oracles of lies

before I fall asleep
my ears receive

these messages
of an ancient ruse

yet I keep
some conciliation
as the moonlight shines
beyond the window

fainter and fainter
they grow

the whispers
of this invisible one

- 3/13/2021

WHERE ARE YOU ?

Those who cast away and banish
evil spirits
where are you?

those who exorcise
who expel the fallen angels
where are you?

those with bountiful knowledge
of the most hidden things
where are you?

those that can heal remotely
from far away
with words.....prayers
with intentions
where are you?

where are you
healers of the light

when the night is dark
when the intruding voices speak

those with power
over such mysterious things
where are you?

those who project an energy
of benevolence
like a shockwave
clearing all malevolence
in your path
where are you?

where are you
visionaries
of the radiant light
of sanctuary

THE QUIET MOMENTS

I find that now
I savor the quiet moments

the moments when the voice
is not present
or hardly present at all

I very much recognize
those quiet moments now
where before
I can't say that I really did

I savor them
rejoice in them
contemplate the world
and the whole of life in them

they are full of meaning
for me now
as they should be

as I have struggled
long and hard
to reclaim them

the quiet
sacred
blessed
moments

- 3/ 14/2021

2021